



Stay Smart, Wear a Helmet!

Did you know that wearing a bicycle helmet lowers the chance of a brain injury by 85%? A properly fitted helmet should always be part of your bike riding experience!

Tips about helmet safety:

- Make sure the helmet has been safety certified - look for the sticker on the inside of the helmet.
- Helmets must be replaced every five years and/or after a crash or hard hit - even if it looks undamaged.
- Never buy a used helmet.
- Do not place stickers on your helmet.
- A thin cotton hijab can be worn under a helmet.
- Parents can set a good example to children by wearing their helmet.
- Remember, anyone under the age of 18 must wear a helmet – it's the law.

Helmet Fitting:

- Put on the helmet so that it is not tilting backwards or forward. Then check the following:

Two fingers distance from helmet to eyebrow



V-shape straps around each ear



One finger between chin and fastened strap



For more information contact Ottawa Public Health at 613-580-6744 or visit www.ottawa.ca/health.